

The Journal

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NSAB Security Department Conducts Active Shooter Exercise



U.S. Navy photo by MC2 William Phillips



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Is Your Emergency Contact Information Current?

By Jeremy K. Brooks
NSA Bethesda Public Affairs

It is an uncomfortable thought for many.

Every uniformed member of the United States military has an entry in their service record for a point of contact in case something should happen while they're serving.

Thinking about that worst case scenario means making some serious decisions and preparing for it through paperwork.

For young service members who are relatively new to the service, it may seem way too early to think about it at all.

While it may be uncomfortable, it's one of the most important administrative pieces of information any service member can provide.

When the ultimate sacrifice happens or a non-combat tragedy occurs, casualty assistance call officers (CACO) are assigned to the family to let them know. They can only do that if they have the proper information including the name and current contact information for those designated emergency contacts.

The DD Form 93 or (Page Two) for Sailors is the official source document required by law for service members to provide contact information and beneficiary designations to their service.

David Ramirez, director of Personnel Support Detachment

(PSD) Bethesda, says service members should consider updating this information as part of both annual and "life event" process.

Life events include things like changing duty stations, marriage, divorce, births and adoptions.

"I would do it on your birthday," said Ramirez. "That's also a good time to check your SGLI (Servicemembers Group Life Insurance) information."

Sailors can log on to Navy Standard Integrated Personnel System (NSIPS) and easily update their emergency contacts and the person designated as responsible for the disposition

of remains.

Soldiers need to go to their brigade S1 to update to update their record of emergency data.

Airmen can access their vREd through the myPers website at <https://mypers.af.mil>.

Marines can get to their Record of Emergency Data online at mol.usmc.mil.

SGLI benefits can only be paid out according to the information in the service records. If something changes (e.g. beneficiary), keeping that information as accurate as

possible is part of easing the challenge of dealing with paperwork tied to the death of a service member.

Updating SGLI can also be done online through the "Benefits" tab on milConnect.

Don't wait. Be prepared. Keep this information current for your family and beneficiaries.

UPDATING SGLI INFORMATION

1. Visit: <https://www.dmdc.osd.mil/milconnect>
2. Log in using your military ID card.
3. Under the "Benefits" tab, select "Life Insurance".

If necessary, after reading the introduction screens, scroll down and click "Continue" for each until options are presented for enrollment or updating your information.

NSAB PUBLIC AFFAIRS GRAPHIC

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Bethesda Notebook

Tower Main Entrance Closed

The main entrance to the Tower (Bldg. 1) is closed for the historic bronze doors refurbishment project. The entrance will be closed for approximately 30 days.

Excavation Blasting

Excavation blasting for the MD 355 Crossing project, managed by Montgomery County, will take place for the next several months. During that period, three to five times per week, there will be a single controlled explosive blast. Alarm horns will sound five minutes before the blast. It is anticipated that a minimal vibration will be felt, and alarm horns will be heard only by people in the immediate vicinity. In the first several weeks, traffic will be halted on Rockville Pike between Jones Bridge Road and South Wood Drive (Gate 2 at Naval Support Activity Bethesda) for approximately 10 minutes. People with questions can call 301-400-1934.

Substance Abuse Symposium

Walter Reed Bethesda's 1st Substance Abuse Symposium will be Sept. 20 from 7:30 a.m. to 1 p.m. in WRNMMC's Memorial Auditorium. The symposium, "Promoting Recovery Through Compassionate Care!" is open to everyone interested in learning more about substance abuse and misuse.

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Mimms Named 'Civilian of the Year' by Marine Corps Association and Foundation

By Andrew Damstedt
The Journal

When a new Marine enters the office of Wounded Warrior Battalion-East deputy officer in charge Melissa A. Mimms has any Marine do who comes into her office is have them tell her something about themselves.

Marines typically come to her office because they're seeking care at Walter Reed National Military Medical Center. Mimms said she wants to know something about them other than the reason that brought them there.

"I want to know something about them so the next time I see them I can relate to them on a personal basis, where I'm going to ask 'How's your wife doing?' or 'How's your son?'" she said. "I look at the things that bring a smile to them – and that's the key – that's what I will always go back to so in their dark moments it can give them some hope."

Mimms was named as the Marine Corps Association and Foundation's Civilian of the Year and she said she was "honored and humbled and surprised," when she heard about the award. She travels to an award gala Sept. 7 in Detroit but said she doesn't seek any recognition for the work she does.



PHOTO COURTESY MELISSA MIMMS

Above all, she wants to be known as someone who cares.

"I think I was born to take care of people," she said.

When she started her position seven years ago, she said there were a lot of combat wounded coming to the medical center to receive care.

"Taking care of the combat wounded was very, very difficult and demanding because it was so fast paced, there were so many combat wounded that were coming," she said. "Once the

numbers started slowing down, most of the Marines we're seeing now are automobile accidents, cancers, (behavioral health) patients some of whom are seeing the results of some of their combat experience."

Wounded Warrior Battalion-East officer in charge Lt. Col. Ross Meglathery said Mimms has a lot of empathy for the Marines and their families.

"I think it's easy to become cynical in this position or want to become detached because it can take an emotional toll on you when you see people who are suffering – especially people who have long-term wounds or terminal cases," he said. "She's never lost her empathy and there's a personal connection between her and the patients."

He said she goes "above and beyond" in the relationships she forges and she's constantly keeping in touch with the Marines and their families even after they have left the detachment.

Mimms said one of the toughest parts of her job is when Marines die.

"They come here and they're ill and you hold out hope against hope," she said. "I have seen nine (Marines) take their last breath. That's difficult, but somehow God gives me the strength to bounce back."

She said she remains in contact with the families of the Marines who've died and will send mothers gifts on Mother's Day, "just to let them know I remember and that their child was important."

Ralph Slaton, Wounded Warrior Battalion-East administrative officer, said Mimms' passion and dedication for the job shows in how she interacts with the staff and Marines.

"This place is her life," he said. "She doesn't turn it off on the weekends. She's still working."

La Shaunda Drayton, recovery care coordinator for the detachment, said while Mimms looks "like she has a hard exterior, she's really compassionate and she cares about the Marines and she's really good about putting Marines first."

Mimms, a retired first sergeant, said her experience as a Marine helps her relate to the Marines who come to her office. She rarely pulls the "Marine card," she said. Rather she pulls the "mom card" as a lot of the Marines now are the ages of her two sons.

"Here I'm referred to as 'Mamma Mimms' because every year for the past three years, I'm the oldest Marine on staff," she said. "I can relate to them as a mother, as a friend, as a Marine, as a leader. I can put on any of those hats and relate to them in some way."

Army Public Health Center Audiologist Selected To Lead American Tinnitus Association

By Samantha Birk
Department of Army Public Affairs

Dr. LaGuinn Sherlock, a research audiologist with the U.S. Army Public Health Center stationed at the National Military Audiology and Speech Pathology Center at Walter Reed National Military Medical Center, was recently elected to serve as chair of the Board of Directors of the American Tinnitus Association. She previously served on the board for two years. The ATA is the largest national nonprofit organization working towards a cure for tinnitus, and works towards educating the public on the condition.

Tinnitus is a condition where an individual perceives sound when there is no external sound present; it is one of the most common complaints among military personnel with 30 percent of service members reporting symptoms. It is especially widespread among service members because they may be around loud Humvees, on the artillery range or in combat situations. While it does not affect everyone the same way, it can affect Soldier readiness and effectiveness by impacting concentration, sleep, short-term memory and emotional well-being.

Sherlock previously worked as a clinical and



PHOTO COURTESY OF DR. LAGUINN SHERLOCK

Dr. LaGuinn Sherlock, a research audiologist with the U.S. Army Public Health Center stationed at the National Military Audiology and Speech Pathology Center at Walter Reed National Military Medical Center, was recently elected to serve as chair of the Board of Directors of the American Tinnitus Association.

research audiologist in the academic medical setting for 25 years, before moving to Walter Reed in 2014 to pursue a full-time position in research.

She has clinical and research expertise in tinnitus and hyperacusis, a health condition characterized by excessive sensitivity to certain frequencies and volumes. She is currently working towards making more wearable hearing protection for service men and women.

"The best part of my job as a research audiologist is evaluating options in hearing protection that can help prevent hearing loss and tinnitus, and determining objective ways of measuring the impact of tinnitus on daily function and quality of life," said Sherlock.

Because tinnitus is a symptom of hearing loss and not a diagnosis, it can be difficult for people to find help. Sherlock wants to use her position as ATA board chair to educate physicians and allied health professionals and letting everyone know there is help.

"One of my goals as board chair is to improve awareness about the help currently available to people with tinnitus," said Sherlock.

She aims to improve specialty care for the 50 million Americans who report some degree of tinnitus.

Sherlock received a bachelor's degree in speech and hearing sciences from Arizona State University, a master's degree in audiology from the University of Maryland and a doctorate degree in audiology from the University of Florida. When she is not at work, she enjoys making cards. She is a mother of two and a wife to an Army veteran.

A Heritage of Military Medicine: the Storied History of the Beebe Family

By AJ Simmons
WRNMMC Command Communications

The history of U.S. military medicine is as intricate as it is long. Perhaps no service member knows this more personally than retired Air Force Lt. Col. James McRae Beebe, a speaker at a recent WRNMMC research event and husband to WRNMMC Deputy Director of the Department of Research Projects Col. Ann Nayback-Beebe.

A member of each generation of Beebe's family—reaching back to the Civil War—has served in the U.S. military. Joining their service, each generation of the Beebe family has interacted with military medicine in some capacity—whether in the heat of combat, in dealing with the effects of service or in the provision of medical care.

Beebe explained that the story begins with his great-great-grandfather, George W.H. Stouch. "He served as Sergeant Major with the 11th U.S. Infantry during the Battle of Gettysburg," explained Beebe. "He was positioned on the flank of Little Round Top near Devil's Den on July 2, 1863, and was captured at 5:00 pm by Cobb's Georgia Legion of Woffard's Brigade—Lewis' Division of Longstreet's Corps."

Stouch's capture, according to Beebe, was short-lived; he was liberated by Crawford's Division just 30 minutes later.

Following his liberation, however, Stouch was wounded in the wrist by Texas sharpshooters near Devil's Den, Beebe explained. The wound required military surgeons to resect one and a quarter inches of Stouch's radius (one of the two bones of the lower arm) the following day, saving Stouch from infection or the potential need for amputation.

Despite impairment to his hand, Stouch remained in the service and eventually retired a Lieutenant Colonel in the Union Army and later served as an Indian agent in the Montana Territory.

The next of Beebe's family, his great grandfather James H. McRae, was a West Point graduate alongside Gen. John Pershing in 1886. McRae served for over 40 years, retiring as a Major General in 1926.

"He served in the Indian campaigns, the Spanish American War, the Philippines Insurrection and as Commander of the 78th Division—the 'Lightning Division'—in France during the Meuse-Argonne Offensive of World War I. He experienced the horrors of trench warfare and mustard gas," said Beebe.

Beebe's grandfather Lewis C. Beebe served under McRae as a young infantry captain during World War I. Beebe would eventually become McRae's son-in-law, as he went on to marry McRae's daughter Dorothy after the war.

Lewis Beebe later served on Gen. Douglas MacArthur's staff in the Philippines on Corregidor during World War II, Beebe said. Staying behind on Corregidor as Gen. Wainwright's Chief of Staff, he was captured and interned as a prisoner of war.

During his time as a prisoner, Lewis suffered from dysentery, beriberi and malnutrition. Weighing only 98 pounds when he was liberated, he was nursed back to health at the hands of U.S.



PHOTOS COURTESY OF JAMES MCRAE BEEBE

Lt. Col. James M. Beebe retired from the Air Force after 22 years of service and now enjoys spending time with his family and flying his small plane, which he named after his wife: "Unbelievable Ann Marie."

military medical providers. Lewis retired from the military as a Brigadier General.

The Beebe family's close interactions with military medicine continued with Beebe's father, Maj. John McRae Beebe, who served as an infantry platoon leader during the Korean War and as a member of the 82nd Airborne Division in Vietnam.

Beebe explained that his father was exposed to Agent Orange during his service in Vietnam. After his retirement, he suffered from cancer believed to be associated with his exposure to Agent Orange, as well as heart disease and Type II diabetes.

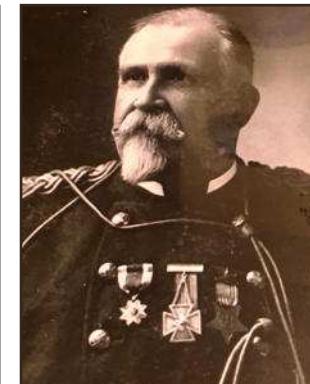
According to Beebe, his father received all of his care from the military health care system. "He received excellent care and was one of military health care's biggest cheerleaders," Beebe said.

The family tradition of military service did not end with Beebe: he served for 22 years, retiring as a Lieutenant Colonel with the Air Force.

"I served in Desert Shield and Desert Storm, Operation Southern Watch and Operation Restore Hope," Beebe elaborated. "I have served as a KC-135 Instructor Pilot, Flight Examiner and Test Pilot. I also served as the Chief of KC-135 Flight Test Operations at Tinker Air Force Base. Later, I served as the Chief of T-43 Pilot Programs and 19 Air Force Major Command Flight Examiner and served on the Air Education and Training command IG team [at] Randolph Air Force Base."

Fortunately, Beebe's personal experiences with military medicine have been outside of the field of combat: "All of my children were born in military hospitals, and my entire family has received excellent care. I am now retired and have access to civilian health care facilities, but have chosen WRNMMC for my medical needs. I am very pleased with the level of care and the professionalism of the staff."

Beebe's interaction with military medicine does not end there, however. Having a distinct interest in military medical research, he has volunteered and worked with researchers at WRNMMC in a number of ways.



Lt. Col. George W. H. Stouch served as a Sergeant Major with the 11th U.S. Infantry in the Battle of Gettysburg, where he was wounded by a Texas sharpshooter.



Maj. Gen. James H. McRae graduated from West Point alongside Gen. John Pershing and served over 40 years, retiring as a Major General in 1926.



Brig. Gen. Lewis C. Beebe (seen with his wife Dorothy McRae Beebe) served on Gen. Douglas MacArthur's staff in the Philippines on Corregidor during World War II.



Maj. John M. Beebe served as a platoon leader in the Korean War and a member of the 82nd Airborne Division in the Vietnam War.

"I volunteered as a baseline subject for the amputee heart disease study. Having a history of heart disease, I am also interested in preventative heart health research. I am also enrolled in the Integrative Cardiac Health Project (ICHP), which helps me learn about heart health and steps to take to head off heart disease before it happens."

Given his family's extensive history with U.S. military medicine, Beebe explained that his volunteering with military medical research offers him "a sense of giving back to a system that has given so much to me and my family."

Beebe has spoken at WRNMMC events, such as the Department of Research Programs' 2017 Aware for All, to share his family's history and support for the mission of military medicine in the hospital and beyond.

Now in retirement from military service, Beebe has used his experience from the Air Force to serve as a Captain with a commercial airline. In his free time, he serves on the vestry of his church and enjoys spending time with his family. He also makes time to fly his small plane, which he named after his wife: Unbelievable Ann Marie.



MASS COMMUNICATION SPECIALIST 2ND CLASS WILLIAM PHILLIPS

Naval Support Activity Bethesda security department held an active shooter drill Aug. 23 as part of their regular incident response training. Active shooter scenarios test both security personnel and first response team members in a variety of locations across the installation. The exercises keep response skills up-to-date for both experienced and first time participants.

NSAB Conducts Active Shooter Exercise

By MC2 William Phillips
NSAB Public Affairs

Naval Support Activity Bethesda (NSAB) conducted an active shooter exercise Aug. 23. aboard NSAB.

"We conducted the event to exercise our antiterrorism plan and keep our security forces in the readiest state possible," said NSAB Antiterrorism Officer Hans Semple.

The exercise is designed to train Naval Security Forces (NSF) personnel in dealing with an active shooter on base, and identify areas the security department can work on.

"Training evolutions are how we work on our skills, learn to work as a unit and develop a plan to overcome our shortfalls," Master-at-Arms 1st Class Zane Kentner, antiterrorism training team member.

The base headquarters served as the setting for the drill because of its central location on the base and the tough environment law enforcement

would face in an actual incident.

"All of the objectives were met and the personnel who participated did well," said Kentner. "They continue to grow and learn from the training exercises we hold."

While there is still room to improve, Kentner said he is satisfied with his department's performance.

To make sure NSAB is ready for different incidents, they train for multiple scenarios.

"There is always a chance that someone could attempt to attack the base," said Semple. "By making the base a harder target for them, we are lowering the probability because we have already trained for a response. If someone happens to be observing the base and sees that we are able to respond to these types of events, it does help minimize the likelihood of someone going through with the attack."

According to Semple, each exercise is designed to improve the NSF's readiness and capability to respond to real life events.

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Back-To-School Tips for Convenience, Safety, Health

Advice Offered To Kickoff New Year

By Bernard S. Little
WRNMMC Command Communications

Within the next few weeks most children in the Washington metropolitan area will be heading back to school, and health-care providers at Walter Reed National Military Medical Center have tips to help parents, caregivers and youngsters get a healthy start to the school year.

"If your school-age child has not had a wellness visit in the past year, now is a great time to schedule a visit with your child's primary care manager (PCM)," said Leslie Lipton, primary care board certified pediatric nurse practitioner in the Department of Pediatrics at WRNMMC.

"Not only is a wellness visit an important opportunity to assess and discuss your child's growth and development, but it's also an opportunity for a complete head-to-toe physical, routine screening tests, immunizations, and counseling on optimizing nutrition, exercise, sleep and safety. A wellness visit is also a time to discuss any questions or concerns you have about your child's physical, psycho-social and intellectual readiness for the school year ahead, and to learn about and coordinate any additional supportive services."

In regards to immunizations, Lipton explained Walter Reed Bethesda administers those advised by the U.S. Centers for Disease Control and Prevention (CDC) Advisory Committee for Immunizations Practices.

"Depending on the age of your child, immunizations may be recommended and/or required for school entrance," Lipton added. "The best way to make sure your child is up to date is through annual wellness visits, or by speaking with one of our nurses. We highly recommend getting this season's flu vaccine, which should be widely available this fall. The immunization clinic is open during regular clinic hours (7:30 a.m. to 4 p.m.), and also has walk-in availability for adolescent immunizations Monday through Thursday from 4 to 5 p.m."

Sleep

Lipton also explained the importance of kids, as well as adults, getting a healthy amount of sleep each night to remain focused throughout the day.

"Your child's brain needs sleep to restore resources used during the day," Lipton explained. "Sleep is also needed to build new connections within the brain. A well-rested brain

can concentrate, problem solve, think more creatively, make better decisions, and simply enjoy the day more than a tired brain. Sleep also helps with hormone regulation and immune function, so you can tell your kids that sleep both helps you grow and keeps you healthy."

She added the average preschooler needs about 12 hours of sleep, while the average school-aged child needs about 10 hours of sleep, and the average teenager needs closer to nine hours of sleep nightly. It's also recommended you make sure kids put electronic devices away before bedtime because studies have shown that the glowing light from cellphone and tablet screens can disrupt sleep cycles.

Nutrition

Regarding nutrition, Lipton explained, "Eating breakfast truly 'breaks-the-fast.' While sleeping, your child is essentially fasting. Eating breakfast breaks the fast and replenishes the body with the nutrients and energy it needs to learn and have a productive school day. Not only does breakfast help keep us alert and energized for the morning, but it helps us make healthy choices throughout the day. Children who eat breakfast regularly can also celebrate long-term health benefits, as they are less likely to develop obesity, hypertension, heart disease and diabetes later in life."

The U.S. Department of Agriculture recommends kids eat a healthy lunch. If you pack your child's lunch, include healthy choices such as fresh fruit, vegetables, whole-grain bread, lean protein like turkey, low-fat dairy products, low fat milk and water rather than soda. Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories, and drinking just one can of soda a day increases a child's risk of obesity by 60 percent, according to the CDC and USDA. Lipton added that even "100 percent fruit juice has a tremendous amount of simple sugar, and often has added sugar to make it taste better and have a longer shelf life."

Also, most schools regularly send schedules of cafeteria menus home and/or have them posted on the school's website, which can be helpful in assisting your child select a healthy lunch, or planning to pack a lunch on days when what's offered in the school's cafeteria isn't your child's favorite.

Hygiene

To cut down on germ exposure while in school, kids should be encouraged to wash their hands after using the restroom, nose blowing, touching any community item, sneezing, and before going to lunch or eating a snack, Lipton

added. Providing your child with hand sanitizer to use when washing their hands isn't convenient may be a good idea. You should also instruct them not to share food or drinks with other kids.

Kids should also be encouraged to get active, according to the CDC. They can join a sports team or participate in some sort of physical activity during recess or after school. This can help prevent obesity, a serious and growing public health concern for kids which can increase a their chances of developing Type 2 diabetes, heart disease and other health problems, the CDC added.

Backpacks

Injuries caused by backpacks are another health concern. These injuries are often associated with backpacks that are too heavy for kids causing back and shoulder pain, as well as poor posture, according to the National Safety Council. The NSC, along with the American Chiropractic Association, recommends a backpack weigh no more than 10 percent of a child's weight. In addition, they recommend the following: choosing a backpack with wide, padded shoulder straps and a padded back; packing light; organizing the backpack to use all of its compartments; and packing heavier items closest to the center of the back. Go through the pack with your child weekly, and remove unneeded items. Remind your child to always use both shoulder straps because slinging a backpack over one shoulder can strain muscles. Also, adjust the backpack so that the bottom sits at the waist.

Bullying

Bullying has also become an increasing concern, the CDC reports. Bullying or cyberbullying is when one child picks on another child repeatedly. It can happen at school, on the playground, on the school bus, in the neighborhood, over the Internet, or through mobile devices like cell phones.

The CDC states, "Bullying is one type of youth violence that threatens young people's well-being. Bullying can result in physical injuries, social and emotional difficulties, and academic problems. The harmful effects of bullying are frequently felt by others, including friends and families, and can hurt the overall health and safety of schools, neighborhoods, and society."

Lipton added, "Bullying is a difficult and often multi-faceted problem. Experiencing bullying, or even being the bully, can have not only short term implications on happiness, self-esteem and academic performance, but it can also have long-term implications on your child's health. A physically,

mentally, and emotionally healthy child should feel safe and supported in school. If you are concerned your child is being bullied, or is bullying, it is important that a teacher or superintendent is made aware, as well as your child's PCM."

Safety

The American Academy of Pediatrics (AAP) explained if your child seems nervous about beginning school that you should let him or her know there are probably a lot of students who feel the same. Also, you can point out the positive aspects of starting school (your child will see old friends and meet new ones).

Whether walking or riding the bus to and from school, you should talk to your child about safety.

Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection. Identify other children in the neighborhood with whom your child can walk to school. Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision. If your children are young or are walking to a new school, walk with them or have another adult walk with them the first week or until you are sure they know the route and can do it safely.

Children should always board and exit the bus at locations that provide safe access to the bus or to the school building. Remind your child to wait for the bus to stop before approaching it from the curb. Make sure your child walks where he or she can see the bus driver (which means the driver will be able to see him or her, too). Remind your child to look both ways to see that no other traffic is coming before crossing the street, just in case traffic does not stop as required. Your child should not move around on the bus. If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus.

Lastly, the AAP also recommends there be an environment in the home that is conducive to doing homework. "Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study," the group advises.

"It's a good idea to schedule a regular time for homework so the child gets into the routine. Make sure that homework time is free from distractions like TV or other electronic devices," the AAP stated.

To schedule a wellness visit appointment at Walter Reed Bethesda's Children Center, call 1-855-227-6331.

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Marine Corps Commandant Addresses Marines in Labor Day Safety Brief

By General Robert B. Neller,
commandant of the Marine Corps

Labor Day is dedicated to the achievements of American workers and the contributions made to support the prosperity and strength of our great Nation. Most Americans celebrate this holiday as the traditional end of summer, and it provides an opportunity for the final social gatherings and recreational activities of the season.

Marines, as we come to the end of this summer, one thing is gravely clear – not all Marines are getting the message on safety. The truth is, we are losing more Marines off the battlefield than at the hands of any enemy, by staggering numbers. Alcohol, driving fatigued, excessive speed, poor safety

precautions, and other bad choices claim an average of 150 Marines each year. This is simply unacceptable. As Marines, we are accountable for ourselves and each other. The loss of even one Marine to senseless liberty-related death or injury is one too many. We need each and every one of you to come back from this holiday safe and mission ready.

You have worked hard and earned this break to spend time with family and friends. Enjoy it. Make good choices; take advantage of the safety programs offered to ensure you arrive safely everywhere you go. Protect What You've Earned – Protect What WE Have Earned.

Semper Fidelis

Robert B. Neller,

General, U.S. Marine Corps,
Commandant of the Marine Corps

ON THE BATTLEFIELD, THE MILITARY PLEDGES TO LEAVE NO MAN BEHIND. AT APEX, WE PLEDGE TO LEAVE NO VETERAN BEHIND AS THEY RETURN HOME.

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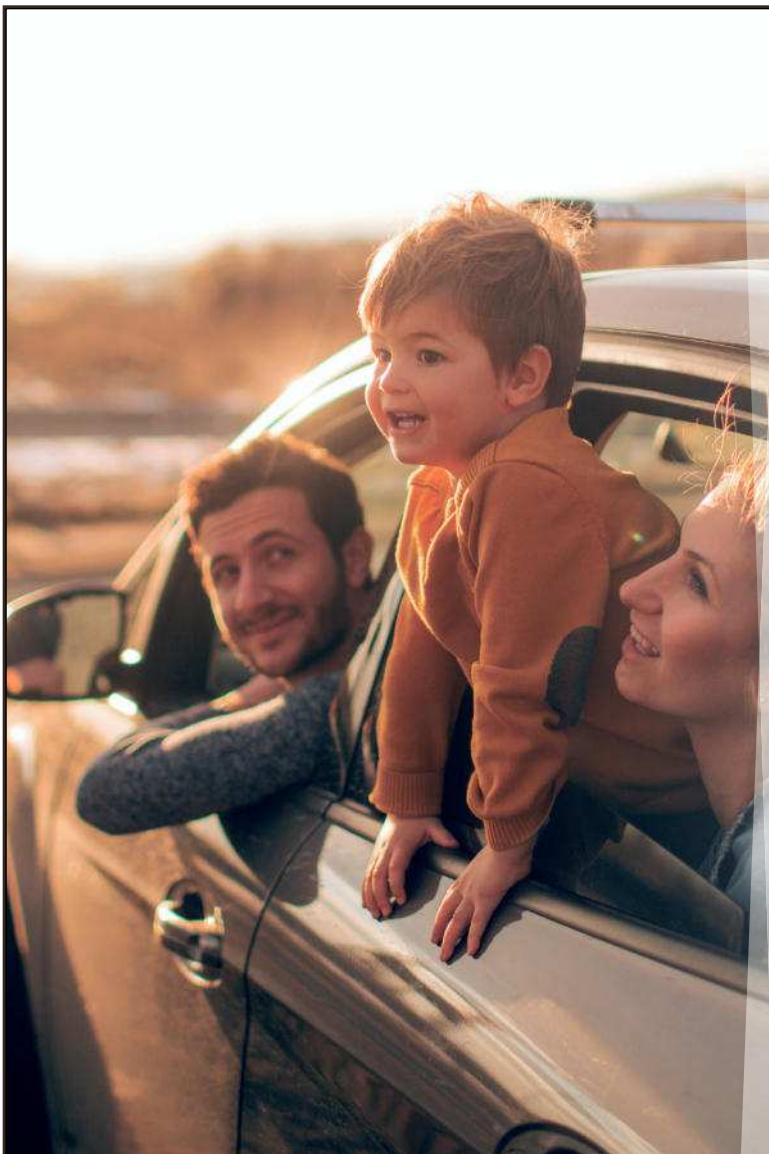
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9/7	5-7 pm	Group Fitness Class Challenge Paint Night at Bowling Center Party Room
9/8	11 am-2 pm	Hispanic Heritage Luncheon at the Warrior Café
9/9	7:15 am	C&O Canal Bike Trip The group will be leaving from Bldg. 62. NEW Lower Price! \$10 Liberty*, \$20 All Others
9/9	9: 45 am	Intramural Flag Football Begins

For details & to register: www.Navymwrbethesda.eventbrite.com

Kings Dominion Patriots Day- Sunday, September 10 10 am

Kings Dominion will open exclusively for Naval District Washington colleagues, family and friends. Special Pricing at www.kingsdominion.com/save with username and password: KDPATRIOTSDAY- Free parking.

5th Annual FREEDOM 5K- Monday, September 11 11 am

MWR Sports Complex check-in begins at 9:30 am. Run/walk starts at 11 am. Active-duty FREE, All others \$5
All abilities are welcome. Register online by September 8: www.nsabfreedom5k2017.eventbrite.com POC PH 301- 295-0031

Armed Forces Olympics-Friday, September 22 9 am-1 pm

Form your team now! Event POC 301-319-7801
FREE registration: Active Duty: Contact PRT office 301-295-5502
Civilians: Go to www.navymwrbethesda.eventbrite.com
Running relays, obstacle courses, 3 pt. shoot out, volleyball, tug of war-Team Trophies-Lunch will be provided for participants.

Sprint Triathlon-Saturday, September 30 check in: 7 am

½ Mile Swim, 12.4-Mile Bike Ride, 3.1 Mile Run
Register and pay online by September 28 at www.NSABSPRINTTRIATHLON2017.EVENTBRITE.COM. Spots are limited for first 40 athletes to register. Check-in is at 7am.

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9/1 4:30 pm FREE* Commissary Trip

9/6 6 pm FREE* Pool Tournament

9/9 9 am Hiking Trip to Calvert Cliffs

9/11 5:30 pm Football video game tournament and Monday Night Football

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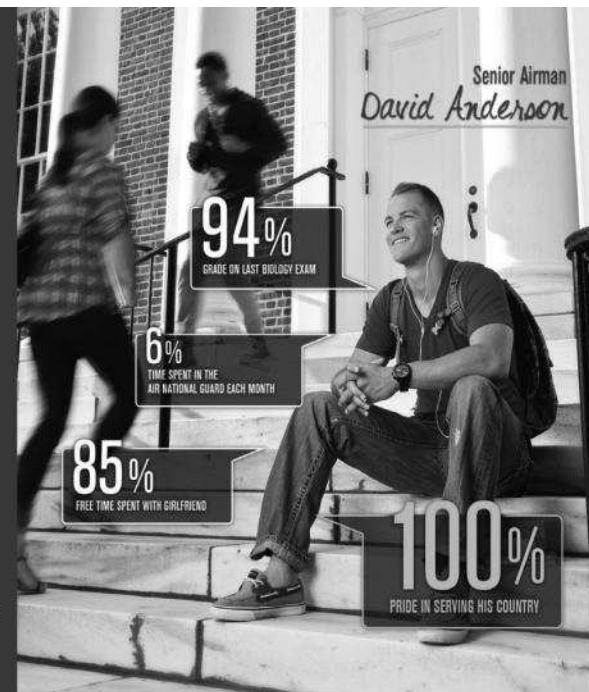
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